LHCS Swimming Carnival 2013

On Friday LHCS Years 2 to 6 held their annual swimming carnival at Revesby Leisure Centre. Each house group assembled in their designated area ready to get started. We started the day with a couple of races but unfortunately the weather changed from sunny to wet and windy. Luckily, after a short break the carnival began again.

All the competitors tried their hardest and it was great being in the pool hearing all the cheering and encouragement.

Congratulations to everyone who competed on the day and also to the students who made it through to zone. Good luck LHCS!

Ella R, 6M
Photo Information

Photo ID cards 7-12 - will be produced but not as part of the photo package. These will be sold to students at a cost of approximately $2 (TBC) at a later date.

Portrait Photos - an A4 sheet of portrait photos is available as part of a selected package via the envelope by the photographic company. For those who wish to order the portraits separately an envelope will be available. The cost of this A4 sheet of mixed sized photos is $20.

Stories from 1B

1B are talking about our School Values and what they mean.

Care

I care at school when I put my rubbish in the bin. I take care of my friends and my bag and my pencil case.  

Jacob

I care at school when I help people in the playground.  

Rihana

I care at school when I am a good friend.  

Georgia

I care at school when I put rubbish in the bin. When I look after my stuff I am caring.  

Jake

Lucas Heights Community School
2013 Swimming Carnival
Years 2 to 6

Library Book Fair
Advance Notice

The annual Library Book Fair commences Monday 11 March through to Friday 15 March.

Please reserve the date for the parent afternoon on Thursday 14 March from 2.30 to 4.00pm.

Mrs Nelson, Teacher Librarian
Principal's Report ....

Tuesday, March 5 is high school Open Night at LHCS. Many teachers and students are currently working up displays or performances to showcase the school to prospective new enrollees and their parents. If your high school children are involved as helpers for Open Night, expect a permission note to be sent home soon. We rely on your goodwill to deliver them to school and collect them afterwards before 8.30pm. Expect also to see an advertisement in The Leader, promoting local Shire high schools’ Open Nights. This evening is not open to the whole school but is limited to student helpers only. It is specifically a promotional night to showcase the school to prospective future enrollees and their parents.

I mentioned last year that the open area where the transportable classrooms were previously located would be upgraded this year to provide a new grassed playground for K to 6 students. This is currently in the final stages of costing with DEC Asset Management division and works should commence as planned sometime during Semester 1.

The junior school swimming carnival was partially washed out with rain last week and had to be finished early. Revesby pool management staff however commented to teachers that LHCS students were the best behaved and managed they had seen. The high school carnival is scheduled for this Tuesday and I seek to remind all parents that this is a normal school day and activity and as such, attendance is considered compulsory by law. Please do not provide children with a note excusing their absence unless they are genuinely ill.

With many other initiatives now progressing well, I seek to focus this year on really impacting student attendance which still causes me some concern. Our student attendance in high school is a reflection of NSW state average, but is still unacceptably poor. The sort of consistency of approach from all parents that I am seeking is simply no more than what is prescribed by law. As we are practically engaged in preparing children for entry into the work force, it is critical that they leave school with already well-established attendance patterns and habits. Regrettably, this is not the case for all students. Whilst most student’s attendance is good, several students poor attendance and punctuality drags our average well down. Things parents can do to assist is: Not succumb to student influence to excuse attendance unless they are genuinely ill; With the exception of some specialists, schedule medical appointments outside of school time; Support our school incentive to achieve a bronze award for perfect attendance in any school term. Acknowledge good attendance in your own way with appropriate recognition.

Our practice, which was implemented this year, of sending a text message to parent’s mobile telephones when their children arrive late at school has been very effective in improving student punctuality. Mr Redman is also working with Veolia Transport to address the regular late arrival of one of their busses.

Selection panels are progressing for the appointment of both the HSIE and TAS teacher positions. I will report on these when the positions are filled.

Kevin Haydon

Lucas Heights Community School

OPEN NIGHT 2013

Years 7 to 12

Tuesday 5 March 2013

6.30pm in the school Gymnasium
Science News

We have started back with some new faces in our midst and we are delighted to introduce our newest members of the Science team. Mrs Roy comes to us from Griffith High School where she has been teaching both senior physics and chemistry as well as the junior sciences for the past 8 years. Mrs Roy will be teaching our Year 11 Physics class as well as 7H, 8H, 8L, 9S and sharing 10S. We are happy to welcome her to our community as both a new teacher as well as a parent and we hope she enjoys working here as much as all our other team members do. Mrs Roy's experience in physics will be well utilised as she is replacing one of our long-term physics teachers, Ms Valasis, who after a two year stint in country schools has gained a well earned promotion as Head of Science at Orara High School near Coffs Harbour. Mrs Vials comes to us from Heathcote High School where she has been teaching senior Chemistry as well as the junior sciences. Mrs Vials has returned to permanent full time teaching after raising her own family. According to her bosses at Heathcote she has served the Heathcote community for many years as a very competent and valued temporary teacher and will be a huge loss to the science department there for many reasons but one of them being her computing skills. Mrs Vials’ experience and expertise will be well utilised as she is replacing another of our longer term chemistry teachers in Mr Moeser, who also ran the school e-learning network. Mr Moeser has taken up a new position at Kiama High School saving himself many kilometres of travel every day! Mrs Vials will be teaching 7L, 7S, 8C, 9C, 10C and sharing 10H.

Miss King and Mr De Rooy continue on rounding out the faculty. Both are Year Advisers: Miss King – Year 9 and Mr De Rooy – Year 10. They carry out these roles expertly on top of the wonderful contributions and enthusiasm they bring to the science faculty. Miss King will be teaching 8S, 9H, 10L as well as Year 11 Chemistry and Year 12 Biology Mr deRooy will be teaching 7C, 9L, 10H as well as Year 12 Chemistry and Year 12 Physics.

Finally for those of you who are new to the LHCS community, I am Ms Rogers the Head of Science and this year my classes are 10S, 10 Marine, 11 Marine, 11 Biology and 12 Biology. Attached is the topic roster for Year 7-10. Students will shortly be given assessment schedules for the year. Year 12 already have these for all courses and are well under way with all courses having submitted their first HSC assessment at time of print of this Highlights.

Year 10 and Year 11 received their assessment schedules on Wednesday 13 February at the evening Careers and ROSA parent/student/teacher meeting and finally Years 7 to 9 will be given their assessment schedules in the next three weeks. (Parents these will be pasted into the front of their science books and shortly after will be available on the school website).

Ms Julie Rogers, Science Coordinator

Science Quiz

Science is all around us. It’s in the media we watch, the animals we see and the things we use! How much do you know? Check out our quiz below:

1. How many faces does a triangular pyramid have?
2. An Australian 20 cent piece is made of which two elements?
3. How many wings do dragonflies have?
4. In biochemistry, what does EPO stand for?
2013 Science KLA Topic Rotation

Years 7 to 9 topics should average 6 to 8 weeks each
Year 10 topics should take a term

<table>
<thead>
<tr>
<th>YEAR 7</th>
<th>YEAR 8</th>
<th>YEAR 9</th>
<th>YEAR 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topics and Order</td>
<td>Topics and Order</td>
<td>Topics and Order</td>
<td>Topics and Order</td>
</tr>
<tr>
<td>Science Rules</td>
<td>Staying Alive</td>
<td>The Big Wave</td>
<td>Industrial Chemistry</td>
</tr>
<tr>
<td>The Energizer</td>
<td>Earth and Air</td>
<td>Material World</td>
<td>Integrated Organisms</td>
</tr>
<tr>
<td>Meaning of Life</td>
<td>May the Force</td>
<td>Hot and Shaky</td>
<td>Cars and Currents</td>
</tr>
<tr>
<td>Water Water Everywhere</td>
<td>Kitchen Chemistry</td>
<td>The Tree of Life</td>
<td>Forensic Science OR Environmental Awareness Program</td>
</tr>
<tr>
<td>Life in the Solar System</td>
<td>Boning up the past</td>
<td>ET phones home</td>
<td>Revision for final exams</td>
</tr>
</tbody>
</table>

Assessments for all juniors take TWO forms:

Formative eg Topic tests/oral or research tasks/prac tests/ERP-across whole year group arranged by Year coordinator and whole year results recorded within two weeks of sitting the test onto the faculty markbook in Sentral. (In 2013 these must be included in the assessment schedule provided to the year group and cannot be altered from class to class).

Summative assessments eg class only assignments, homework, oral presentations, performances or practical - arranged by teacher and results kept by teacher to enhance and inform reporting descriptor judgements.( these can and should vary from class to class).

(See report format for all areas to be reported on in each half year and make sure you have assessed all at least two weeks prior to report deadlines).

Answers to Science Quiz

1. An equilateral triangle has three sides.
2. An Australian 20 cent piece is made of copper and nickel.
3. Diagonalis have four wings.
4. EPO stands for erythropoietin.
Welcome to Year 7 Science

We certainly have many enthusiastic and enquiring young Scientists in our midst this year! Our young Scientists have begun studying “Science Rules”, our introductory topic. Students have been introduced to the layout of a Science lab, laboratory safety rules and the many different types of laboratory equipment they will be using in Science over the next six years. Soon they will learn how to use the Bunsen burner safely and will work towards earning their ‘Bunsen burner Licence’.

Here is a fun link for you.
Try your hand at science online and become a heart surgeon today!

http://www.abc.net.au/science/lcs/heart.htm
Science workshop for kids

Secret agent

Be a super sleuth for a day and help solve a crime. Your mission is to:

- Make identikit photos
- Match fingerprints
- Forensic testing

For ages 8-14yrs

2013 Dates: Session times:
Mon 22 Apr  9.30 am
Tues 23 Apr  11.30 am
Wed 24 Apr  2.00 pm

Bookings:
ANSTO Discovery Centre
Call 02 9717 3090
Email tours@ansto.gov.au
Website www.ansto.gov.au

Limited numbers. Parents welcome.

$10 per child

Discovery Centre

Australian Government
Nuclear-based science benefiting all Australians
**Science News for “Senior Parents”**

We as parents are often left wandering what students have for homework, when it is due and what resources they can access to help them complete it. Well in Science here are your answers for Year 11 as they start the Preliminary Course.

<table>
<thead>
<tr>
<th>Subject</th>
<th>Texts being used</th>
<th>Homework Routine</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physics</td>
<td><em>Physics in Focus</em> (supplied)</td>
<td>Every Thursday</td>
</tr>
<tr>
<td></td>
<td>Jacaranda Prelim 1 (on its way)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>KISS Booklet (provided each topic as part of subject fees)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>KISS Booklet (provided each topic as part of subject fees)</td>
<td></td>
</tr>
<tr>
<td>Biology</td>
<td>Heinnemann Biology 3rd Edition (provided) by Katherine Mudie</td>
<td>Term Homework roster provide with weekly requirements included.</td>
</tr>
<tr>
<td></td>
<td>Dot Point prelim Biology (to purchase)</td>
<td>Homework and further readings due weekly (every Tuesday)</td>
</tr>
<tr>
<td></td>
<td>KISS booklet (provided each topic as part of subject fees)</td>
<td>Summary notes/KISS booklets due Week 9 each term</td>
</tr>
<tr>
<td>Marine</td>
<td><em>Marine &amp; Aquacultrure</em> 1st Edition (supplied)</td>
<td>Term Homework roster provide with weekly requirements included - due Tuesdays.</td>
</tr>
<tr>
<td></td>
<td>Snorkel Book (in fees)</td>
<td></td>
</tr>
</tbody>
</table>
Thank you so much

732 toothbrushes have been collected by our school. What a fantastic effort. Your donations will brighten the smiles all over The Kokoda Track. Along with some other school contributions and city office collections, the Kokoda Track Foundation have reached their target of 3,000 toothbrushes.

These toothbrushes are now in Papua New Guinea and being distributed to the villages. Check out the reaction of the children on the KTF’s Facebook page over the coming weeks and on their website www.kokodatrackfoundation.org

Help Support Your School
‘HUMAN’ Shoes

Currently if you purchase ‘HUMAN’ school shoes the company will redeem 10% rebate back to the school. Ask at the shoe store. Present the ‘Human’ receipt to the office and I will process.

Reminder - shoes must have leather uppers: suede or canvas shoes are not acceptable.

A detailed description of the school uniform requirements is on the school website.


Bruce Redman

News from the Heights
Bites Canteen

A special thankyou to all the parents who have volunteered to help in the canteen this term. The response has been very pleasing and we look forward to meeting many new faces over the coming weeks.

We still have a few vacancies on Mondays and Thursdays. If anyone has any spare time on these days, we would like to hear from you.

Please leave your details at the front office.

Looking forward to a great term in the canteen. Thankyou,

Marian, Shannon and Toni
A big thank you to all those parents and students who attended last Wednesdays Career information sessions held here at school. The aim of the night was to give everyone a better understanding of the careers program operating for students. Never before have there been so many opportunities and information available at a school level. The goal for everyone should be to maximize your chance of being accepted into the career of your choice by taking advantage of everything the school has to offer.

Below are some interesting links that might help start the thinking and planning process.

The world of work [http://www.youtube.com/watch?v=uH8tW1lihlA](http://www.youtube.com/watch?v=uH8tW1lihlA)

General work information [http://www.youtube.com/watch?v=2XI0kDIdpmI](http://www.youtube.com/watch?v=2XI0kDIdpmI)

School-What’s the point [http://www.youtube.com/watch?v=2E7gFfUGzQA](http://www.youtube.com/watch?v=2E7gFfUGzQA)

**Work Experience Information**

**IMPORTANT NOTICE RE WORK EXPERIENCE IN THE CONSTRUCTION INDUSTRY**

All students wishing to do work experience in the Construction Industry who wish to go onto a building site must first obtain a White Card from Work Cover NSW and must complete their General Induction Training. Students completing the course will receive credit for completing the unit of competency – Work Safely in the Construction Industry. This unit can be used to obtain credit when enrolling in Construction VET in Year 11.

Work Cover NSW does not recognise courses done on line.

YOU MUST PRODUCE EVIDENCE THAT YOU HAVE A WHITE CARD BEFORE YOU WILL BE PERMITTED TO GO ON WORK EXPERIENCE IN THE CONSTRUCTION INDUSTRY.

Students can enroll themselves in any work cover approved course or put their name down on the list outside the careers office to attend a school organized training event. Please note the cost of the course is $100.

The best kind of Work Experience is one that will enable a student to experience a variety of roles and activities. Students should be fully engaged in the workplace for 7-8 hours on each of the 5 days. Remember students are required to complete essential paperwork as part of their undertaking for work experience. By completing the essential paperwork the school can validate the placement and activate the insurance that is required by employers.

Don’t forget to check out the careers website [www.lucasheightscareers.com](http://www.lucasheightscareers.com) the first edition of the careers newsletter for 2013 is available under newsletters with lots of valuable information.

**Upcoming Events:**

**Discover Engineering Day-ANSTO**

Tuesday 26 March from 9.00am to 2.30pm

Any students in Years 10 and 11 who are interested in Engineering as a career choice and also those who want to know what Engineering is all about have the opportunity to attend a full day excursion to ANSTO. Places are limited so students must register their interest with the Careers Advisers before 15 February.

**Institute of Chartered Accountants Cadetship Information Evening**

Wednesday 15 May from 4.30pm at Sydney Convention Centre

This is an excellent opportunity for Year 12 students interested in information on cadetships and recruitment processes.

**Meet the Business Leader**

Tuesday 30 July from 4.30pm, Institute of Chartered Accountants

This event will provide year 10 & 11 students the opportunity to meet young professionals from a variety of business roles to gain a better insight into the business profession.

**“Big Day In” for HIGH SCHOOL Students**

13 June @ University of Technology, Sydney

BiG Day In is an IT careers conference with a difference - it’s organised, run and hosted by students for students. If you are interested in a career in IT or would just like to know a little more about the IT industry then this is the day for you. **Cost:** $10 per head, **Time** 9.30am to 3.00pm

Mrs Eagles and Ms Smith

Careers Advisers
P&C NEWSLETTER

P&C Meetings 2012
The P&C meets in the Staff Common Room (next to the Library) on the first Wednesday of each month during school terms. Our next meeting is on Wednesday 6 March 2013, the last meeting for 2012 committee then voting in AGM for new committee 2013.

Doors open at 7.15 for a 7.30pm start. We finish between 9.00 and 9.30pm. Tea/Coffee/Supper is provided.

A detailed survey note was sent to all K-12 parents for their comments on LHCS taking over the running of the Uniform Shop/Stationary packs as discussed at last meeting. Please take time to send survey back via front office by 26th February, (family names will remain confidential). We will then be voting on this topic at meeting 6th March prior to the AGM. To vote you must attend and be a financial member of the P&C prior to meeting start, we will accept $2.00 fee from 7.10pm and meeting start is 7.30pm. If you would like to join prior to next month’s meeting please send in $2.00 in an envelope via front office clearly marked ATTENTION P&C - MEMBERSHIP FEE ALONG WITH YOUR NAME.

A receipt will be issued by the P&C Treasurer.

P&C 2012 Committee Members
President Susan Ring
Vice-President 1 Karen Hodgson
Vice-President 2 Parrish Hull
Secretary Julie O'Keeffe
Treasurer Cherine Newma
(stepping in for Lisa)
Uniform Shop Manager Rebecca Embury
Uniform Shop Asst Manager Tania Petrou
Uniform Shop Asst Treasurer Kristy Fletcher

If you need to contact a member of the P&C Committee, you can leave a message with the Front Office or email your query to: lhcsandc@gmail.com

P&C Meeting Minutes
If you would like to be kept up-to-date with a copy of the Meeting Minutes you can have them emailed to you (send email request to lhcsandc@gmail.com attention to P&C Secretary and your email address will be added), or you can collect a hard copy from the Front Office or Uniform Shop.

Bright Star Kids Labels-How to order
Lucas Heights Community School now has signed up with Bright Star Kids Labels. If you wish to purchase stick on labels or iron on labels they cater for all your children’s clothing, school and sport items. They have great prices and easy to use web site with fast delivery. Please use the link http://fdr709.brightstarkids.com.au and for every sale Lucas Heights will earn a commission. I was very impressed - I received my order of iron-on labels within 2 days!

Uniform Shop News
Please refer to the updated price lists and order forms when purchasing your uniforms. These can be found in the Front Office or by visiting the school website at www.lucasheights-h.schools.nsw.edu.au

Our prices continue to remain competitive, and all profits from shop sales directly benefit your children through resources purchased for the school.

Thank you to all our wonderful volunteers who give their time to help others.

If you have any free time weekly, monthly or anytime at all, and would like to help us in the shop, please leave your details at the Front Office or drop them into the shop during opening times. It’s fun, it’s easy and it’s a great way to meet new people.

Remember if you are too busy to visit us during our opening times, you can also leave your order and payment at the Front Office, or email it through to us at lhcsandc@gmail.com

Donations of 2nd Hand Uniform items
If you have clean good quality current uniform items for donation then please send them to the uniform shop or leave at the front office.

Susan Ring, President, LHCS P&C
COOL KIDS GROUP
Term 2 2013

Anxiety is a common problem among children and adults alike. The Cool Kids Group is an integrated skills training course aimed at helping children learn to manage their anxiety so that it no longer interferes with their everyday activities. Importantly the group also involves helping parents develop skills that will support their children in their anxiety management quest.

Who Can Attend: The group is designed for children in Year 3 to Year 6 who have anxiety problems such as separation anxiety, social phobia, generalised anxiety or specific phobias, and their parents. Each week there are separate sessions for the children and for their parents.

When: The group runs for 8 sessions. Term 2: Thursdays from 2 May to 27 June 2013, with a one-week break. Each meeting of the group will run from 4.00pm to 5.30pm.

Facilitators for this group are Eve Accardo, Sharon Jonathon, and Chloe McGrath, Psychologists from the Child, Youth and Family Counselling Service, Community Health Caringbah.

Where: The Cool Kids Group will be run at Community Health, Caringbah, which is located on the grounds of the Sutherland Hospital. Location maps will be provided, on request.

Cost: the cost is $45 for each child and their parent. This includes provision of a Child’s Workbook and a Parent’s Workbook, afternoon tea, and other materials. (Please note: in cases of financial hardship, a reduced fee may be negotiable. Please discuss this with the Intake Officer, when making payment.

Contact Person: If you require more clinical information about the group, please contact Eve Accardo, Sharon Jonathon, or Chloe McGrath on 9522 1000.

How to Make a Referral: Please phone the Intake Officer on 9522 1000. An individual assessment will be completed before children are accepted into the group.

NB this group is available to people who live, work and/or attend school in the Sutherland Shire.

Closing Date for Registration: 12 April 2013
Tuning in to Teens
Emotionally Intelligent Parenting

A six-session parenting program for parents of adolescents aged 11 years and over

Would you like to learn how to:

♦ be better at talking with your teen?
♦ be better at understanding your teen?
♦ help your teen learn to manage their emotions?
♦ help to prevent behaviour problems in your teen?
♦ teach your teen to deal with conflict?

Tuning into Teens shows you how to help your teen develop emotional intelligence.

Adolescents with higher emotional intelligence:

♦ are more aware, assertive and strong in situations of peer pressure
♦ have greater success with making friends and are more able to manage conflict with peers
♦ are more able to cope when upset or angry
♦ have fewer mental health and substance abuse difficulties
♦ have more stable and satisfying relationships as adults
♦ have greater career success
♦ Emotional intelligence may be a better predictor of academic and career success than IQ!

Where: Community Health Caringbah
       The Sutherland Hospital

When: Thursdays 6.30 to 8.30pm
      6 sessions staring 21 February 2013

Contact: Intake Officer
         Phone (02) 9522 1000

Parenting Teenagers Program

This 6 week course provides an opportunity to share experiences with other parents and explore new strategies and approaches

We will look at:

Adolescent development
Parenting styles and Communication
Allocating responsibility
Affirmations and self esteem

To book contact EDYS
9548 2734 or info@edys.com.au

When: 27 March to 1 May 2013
Time: 7.00 to 9.30pm
Where: EDYS, 16-20 Station Street
       Sutherland

Cost: Only $30

Become a WEP Host Family!

World Education Program (WEP) Australia is now accepting applications from students who wish to participate in 2013/14 exchange programs for a summer, semester or year. Students can choose to study and live life with a carefully selected host family in more than 25 countries.

Exchange students return to Australia with maturity, confidence, and in many cases, proficiency in another language. If learning another language is not for your child, excellent programs to the USA, Canada, Ireland and the UK are also available.

Scholarships to Argentina and China and Early Bird Specials are now available for programs commencing in 2014!

Experience the joys of hosting an exchange student and gaining an international family member. Visit www.wep.org.au to find out more.

Request a free information pack. Visit www.wep.org.au, email info@wep.org.au or call 1300 884 733.

Upcoming Information Session:
13 March - 7:30 to 9:00pm
Bowlers Club of NSW
Level 2, 95-99 York Street, Sydney